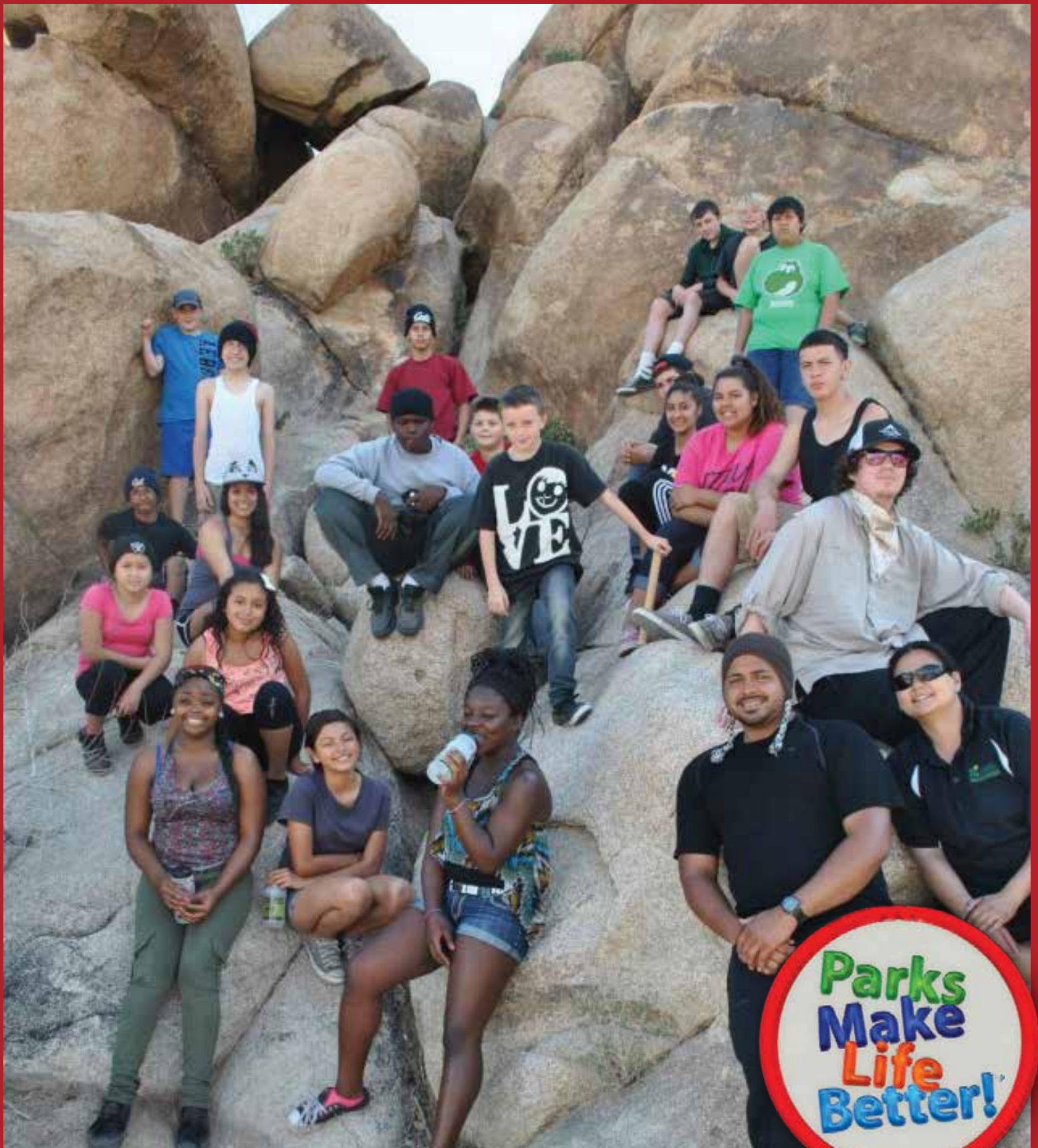


SPRING VALLEY RECREATION

A C T I V I T Y & P R O G R A M G U I D E



DIRECTOR'S MESSAGE

Welcome to 2014! A New Year often brings with it those New Year's resolutions, which typically involve things like getting in shape, eating better, learning something new and spending more time with family. We are happy to offer plenty of opportunities to help you achieve those goals at your parks and recreation facilities in Spring Valley!

For example, by playing in our youth basketball league kids will develop a skill, get exercise, socialize with other kids, and feel the pride of seeing their family cheering them on from the sideline. Adults and seniors can get in their workouts by participating in Zumba classes, Tai Chi, core conditioning classes, adult sports leagues, or taking advantage of the free outdoor exercise equipment at Spring Valley Park and the Sweetwater Lane Sports Complex. For the teens in Spring Valley, the REC Club is the place to be! Come in any day after school and enjoy a variety of activities, games, homework assistance, cooking programs, outdoor adventure trips, and more. The spring season will also bring with it our annual Spring Egg Hunt, Breakfast with the Bunny and "It's How We Live" events, which are excellent opportunities to do something together with the family and meet others in your community.

As you look through this guide, you will see some of your old favorites, and plenty of new programs. These are all planned with the goal of helping you enhance your quality of life physically, socially, emotionally, and intellectually. I invite you to get involved with our programs and let us know what you think. Happy New Year and we look forward to seeing you!

Brandon Schroeder
Spring Valley Gymnasium

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SPRING VALLEY COMMUNITY CENTER

8735 Jamacha Boulevard
Spring Valley, CA 91977

619-479-1832 for information and registration
619-479-1883 fax
Register online at www.sdparks.org

HOURS OF OPERATION

Monday – 9:00 am – 4:00 pm
Tuesday – Thursday – 10:00 am – 8:00 pm
Friday – 9:00 am – 5:00 pm
Saturday & Sunday (private events only)

HOLIDAY CLOSURES

January 20, Martin Luther King Jr.
February, 17, President's Day
March 31, Cesar Chavez Day
May 26, Memorial Day

SPRING VALLEY GYM

838 Kempton Street
Spring Valley, CA 91977
619-667-6833

HOURS OF OPERATION

Monday – Friday 10:00 am – 6:00 pm

REC CLUB

838 Kempton Street
Spring Valley, CA 91977
619-667-6835

HOURS OF OPERATION

Monday, Wednesday, Thursday & Friday 2:30 pm – 6:30 pm
Tuesday 1:00 pm – 5:00 pm

BOARD OF SUPERVISORS

Greg Cox, District 1
Dianne Jacob, District 2
Dave Roberts, District 3

Ron Roberts, District 4
Bill Horn, District 5

Chief Administrative Officer
Helen N. Robbins – Meyer

Department Director
Brian Albright



Look for the **Live a Healthy Life** logo throughout the program guide offering classes that have a health and wellness benefit for the participant.

SPRING CAMP & SPECIAL EVENTS

BREAKFAST WITH THE BUNNY

Date *Saturday, April 19*
Time *7:30 am – 9:30 am*
Fee *\$4 children under 12,
\$5 adults*

The entire family will enjoy a special visit from Spring Valley's own holiday "bunny." Breakfast includes pancakes, sausage, juice, coffee and milk, all served by the enthusiastic Kiwanis Club!

EGG HUNT

Date *Saturday, April 19*
Time *9:00 am Sharp!*
Ages *2 – 10*
Picture taken with the Bunny \$5

Sponsored by: Spring Valley Booster Club.

SPRING CAMP

Date *Monday, April 7 – Friday, April 18*
Time *7:00 am – 6:00 pm*
Ages *5 – 12*
Fee *\$85 Per week, per child
\$33 Daily rate*

WEEK ONE

Monday, April 7 – Friday, April 11

WEEK TWO

Monday, April 14 – Friday, April 18

Enjoy two weeks of fun during the holiday break. Spring camp consists of games, holiday crafts and much more.



SPRING CAMP



BREAKFAST WITH BUNNY

YOUTH ACTIVITIES

GYMNASTICS



Date Session 1: *Wednesday, January 8 – January 29*
 Session 2: *Wednesday, February 5 – February 26*
 Session 3: *Wednesday, March 12 – April 2*
 Session 4: *Wednesday, April 23 – May 14*

Time 6:00 pm – 7:00 pm

Ages 8 years & up (must show birth certificate to instructor-on first day)

Fee \$35 each session

Instructor Carolyn Fisher

This gymnastics class provides a safe and energetic class learning everything from basic skills to challenging moves within each student's abilities. Participants will perform warm ups, stretching and conditioning, fun games and races, including the use of bars and the vault. The class is limited to 6-12 students.

PARENT & TOT – YOUNG TUMBLE



Date Session 1: *Wednesday, January 22 – February 12*
 Session 2: *Wednesday, February 19 – March 12*
 Session 3: *Wednesday, April 23 – May 14*
 Session 4: *Wednesday, May 21 – June 11*

Time 4:45 pm – 5:15 pm

Ages 1.5 – 4 years

Fee \$36 each session

Instructor Robin Wilkes

This is a parent involvement class where children will have a great time developing motor skills, rhythm, coordination, balance and social skills. The class will use balls, parachutes, obstacles, beanbags, music, sports (example: T-ball), etc. Basic animal walks and tumbling skills will be introduced. The Instructor will help with advanced tumbling skills for the children that are ready. This portion of the class is offered in bare feet.



YOUTH GYMNASTICS



DANCE SAMPLER AND TUMBLE

BEGINNING TENNIS



Date Session 1: *Saturday, January 11 – February 1*
 Session 2: *Saturday, February 8 – March 1*
 Session 3: *Saturday, March 15 – April 5*
 Session 4: *Saturday, April 26 – May 17*
 Mount Miguel High School-Tennis Court

Time 10:00 am – 11:00 am

Ages 7 – 11 years

Fee \$30 each session

Instructor Lois Szczepaniak

This class is designed to teach and enhance basic skills in tennis. Loaner rackets will be available. Bring one can of balls to the first class and water to stay hydrated.

INTERMEDIATE TENNIS



Date Session 1: *Saturday, January 11 – February 1*
 Session 2: *Saturday, February 8 – March 1*
 Session 3: *Saturday, March 15 – April 5*
 Session 4: *Saturday, April 26 – May 17*
 Mount Miguel High School-Tennis Court

Time 9:00 – 10:00 am

Ages 12 years & up

Fee \$30 each session

Instructor Lois Szczepaniak

This tennis class is designed to teach and enhance intermediate skills in tennis. Loaner rackets will be available. Bring one can of balls to the first class and water to stay hydrated.

YOUTH & ADULT DANCE

ADULT GENTLE GYM



Date	Session 1: <i>Wednesday</i> , January 8 – January 29 Session 2: <i>Wednesday</i> , February 5 – February 26 Session 3: <i>Wednesday</i> , March 12 – April 2 Session 4: <i>Wednesday</i> , April 23 – May 14
Time	7:00 pm – 8:00 pm
Ages	18 years & up
Fee	\$30 each session
Instructor	Carolyn Fisher

Want to see if you can still do a cartwheel? Want to get back in shape a creative way? Need to stretch your muscles? Then this is the class for you! Carolyn will take you through some easy stretching and walk you through “progressions” of a simple forward roll, handstand and cartwheel, bars and vault work too. This is a very casual and semi structured environment for added enjoyment.

DANCE SAMPLER & TUMBLE



Date	Session 1: <i>Wednesday</i> , January 22 – February 12 Session 2: <i>Wednesday</i> , February 19 – March 12 Session 3: <i>Wednesday</i> , April 23 – May 14 Session 4: <i>Wednesday</i> , May 21 – June 11
Time	6:10 pm – 6:45 pm
Ages	5.5 – 10 years
Fee	\$36 each session
Instructor	Robin Wilkes

Introduce your children to music and movement in a variety of classes including tap, ballet (mostly jazz), and beginning tumbling skills. Develop coordination and rhythm. Tap or hard soled shoes are required; bare feet for ballet and tumble. Students only in the classroom.

* Rehearsal for the fair will be the last day of class.



BALLET FOLKLORICO

DANCE EXPLORATION



Date	Session 1: <i>Tuesday</i> , January 7 – January 28 Session 2: <i>Tuesday</i> , February 4 – February 25 Session 3: <i>Tuesday</i> , March 4 – March 25 Session 4: <i>Tuesday</i> , April 1 – April 29 Session 5: <i>Tuesday</i> , May 6 – May 27
Time	6:00 pm – 7:00 pm
Ages	3 years & up
Fee	\$30 each session
Instructor	Kathy Villalobos

Enjoy the various styles of dance ballet, tap, modern dance, jazz, ballet folklórico, hula, choreography, ribbon sticks, and more. Enjoy working with Kathy Villalobos, a professional dancer for 36 years, creating and performing various styles at all levels. Individual and class work included.

BEGINNING BALLET FOLKLORICO



Date	Session 1: <i>Thursday</i> , January 9 – January 30 Session 2: <i>Thursday</i> , February 6 – February 27 Session 3: <i>Thursday</i> , March 6 – March 27 Session 4: <i>Thursday</i> , April 3 – April 24 Session 5: <i>Thursday</i> , May 1 – May 22
Time	5:30 pm – 6:15 pm
Ages	3 years & up
Fee	\$30 each session
Instructor	Kathy Villalobos

Ballet Folklórico is a true cultural dance experience for all ages, and open to males and females. Students have many performances throughout the year.

ADVANCED BALLET FOLKLORICO



Date	Session 1: <i>Thursday</i> , January 9 – January 30 Session 2: <i>Thursday</i> , February 6 – February 27 Session 3: <i>Thursday</i> , March 6 – March 27 Session 4: <i>Thursday</i> , April 3 – April 24 Session 5: <i>Thursday</i> , May 1 – May 22 <i>Thursdays</i> , November 7 – December 19 (ongoing)
Time	6:15 pm – 7:00 pm
Ages	5 years & up
Fee	\$30 each session
Instructor	Kathy Villalobos

Ballet Folklórico is a true cultural dance experience for all ages, males and females. Students have many performances throughout the year.

YOUTH & ADULT DANCE

YOUNG DANCE SAMPLER & TUMBLE



Date	Session 1: <i>Wednesday, January 22</i> – February 12 Session 2: <i>Wednesday, February 19</i> – March 12 Session 3: <i>Wednesday, April 23</i> – May 14 Session 4: <i>Wednesday, May 21</i> – June 11
Time	5:30 pm – 6:05 pm
Ages	3 – 5 years
Fee	\$36 each session
Instructor	Robin Wilkes

Class includes music and movement in a variety of classes that teach tap, ballet and tumbling skills to develop coordination and rhythm. Tap or hard soled shoes are required; bare feet for ballet and tumble. Students only in the classroom. * Rehearsal for the fair will be last day of class. *In hopes of performing at the fair, dancers must participate in both winter & spring sessions! We will be working on dances to prepare for a June performance. No performance for the winter session. A registration and costume fee of \$30-\$45, separate from the enrollment cost for the fair, paid to the instructor.

FASHION MODEL RUNWAY CLASS



Date	Session 1: <i>Thursday, January 9</i> – January 30 Session 2: <i>Thursday, February 6</i> – February 27 Session 3: <i>Thursday, March 13</i> – April 3 Session 4: <i>Thursday, April 24</i> – May 15
Time	4:00 pm – 5:00 pm
Ages	8 – 12 years
Fee	\$20 each session
Instructor	Sandra White-Stevens

Fashion model runway classes include fun and exciting training for young, aspiring models. Classes will include how to walk the runway/catwalk, poise and posture, skincare, projecting self-confidence and photo movement techniques. Model trainees will also have the opportunity to take part and show off their new skills for family and friends in a fashion show recital!

LINE DANCE / SLIDE ZONE



Date	Session 1: <i>Tuesday, January 7</i> – January 28 Session 2: <i>Tuesday, February 4</i> – February 25 Session 3: <i>Tuesday, March 11</i> – April 1 Session 4: <i>Tuesday, April 22</i> – May 13
Time	5:00 pm – 6:00 pm
Ages	12 years & up
Fee	\$25 each session
Instructor	Kelly Williams

Line dancing is a great way to meet friends, burn calories and master different line dancing/slides that will get any party started right. Learn the most popular dances like The Mississippi Slide, The Wobble and Michael Jackson Slide, Zydeco Bounce, Bikers Shuffle Slide, and more. Line dancing is a fun way to improve your stamina, balance and coordination. Come on down and have a blast!

LINE DANCING

Date	Session 1: <i>Thursday, January 9</i> – January 30 Session 2: <i>Thursday, February 6</i> – February 27 Session 3: <i>Thursday, March 13</i> – April 3 Session 4: <i>Thursday, April 24</i> – May 15
Time	7:00 pm – 8:00 pm
Ages	18 years & up
Fee	\$30 each session
Instructor	Amy McFadden



Learn line dances that are popular for any age and skill level. This class will offer fun and great exercise! Line dancing and couples dances will both be offered.

ZUMBA FITNESS!



Date	Session 1: <i>Thursday, January 9</i> – January 30 Session 2: <i>Thursday, February 6</i> – February 27 Session 3: <i>Thursday, March 6</i> – March 27 Session 4: <i>Thursday, April 3</i> – April 24 Session 5: <i>Thursday, May 1</i> – May 22
Time	7:00 pm – 8:00 pm
Ages	12 years & up
Fee	\$15 each session
Instructor	JoAnn Rochau

Zumba will bring the best of two worlds into a fun and easy to follow activity that everyone can enjoy. No dancing experience is required! With Zumba, dancing and fitness are infused so everyone can enjoy the beat while getting fit! Let's ditch the workout and enjoy the party.

ZUMBA WITH MARISOL



Date	Session 1: <i>Monday, January 6</i> – January 27 (No class January 20) Session 2: <i>Monday, February 3</i> – February 24 Session 3: <i>Monday, March 3</i> – March 24 (No class March 31) Session 4: <i>Monday, April 21</i> – May 12 Session 5: <i>Monday, May 19</i> – June 9 (No class May 26)
Time	7:00 pm – 8:00 pm
Date	Session 1: <i>Tuesday, January 7</i> – January 28 Session 2: <i>Tuesday, February 4</i> – February 25 Session 3: <i>Tuesday, March 4</i> – March 25 Session 4: <i>Tuesday, April 22</i> – May 13 Session 5: <i>Tuesday, May 20</i> – June 10
Time	7:00 pm – 8:00 pm
Ages	12 years & up
Fee	\$18 each session
Instructor	Marisol Cortez

Feel the music, feel the fitness!



FITNESS



SENIOR CORE CONDITIONING

Date	Session 1: <i>Tuesday</i> , January 7 – January 28 Session 2: <i>Tuesday</i> , February 4 – February 25 Session 3: <i>Tuesday</i> , March 4 – March 25 Session 4: <i>Tuesday</i> , April 1 – April 29 Session 5: <i>Tuesday</i> , May 6 – May 27
Times	10:00 am – 10:50 am
Ages	50 years & up
Fee	\$20 each session
Instructor	Tamra Herb

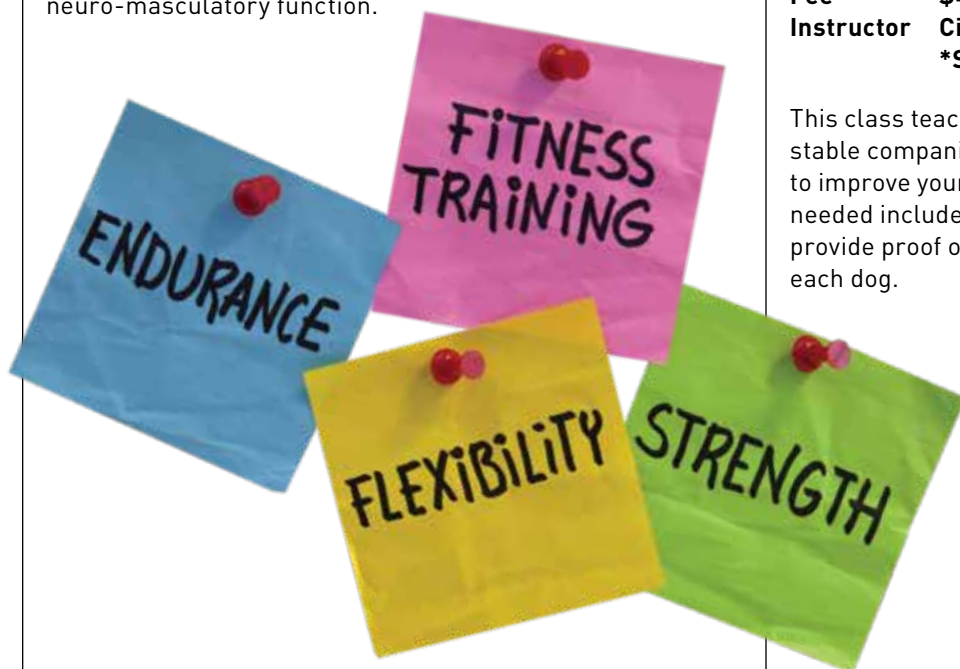
This is a playful yet rewarding fitness class that includes a gentle blend of various exercises designed to improve flexibility, strength, balance, stamina and breathing exercises. You're guaranteed to feel like a kid again! The focus is on safety and injury prevention, while building overall fitness and strength. Please bring a yoga mat and water bottle.



TAI-CHI CHUAN

Date	Session 1: <i>Wednesday</i> , January 8 – January 29 Session 2: <i>Wednesday</i> , February 5 – February 26 Session 3: <i>Wednesday</i> , March 12 – April 2 Session 4: <i>Wednesday</i> , April 23 – May 14
Time	10:00 am – 11:00 am
Ages	18 years & up
Fee	\$25 each session
Instructor	Dan Mariano

This class is an exercise of suppleness and relaxation to enliven the mind, body and spirit, relieving stress and ailment. The exercises will deal with breathing technique and slow, low impact movements for improved neuro-musculatory function.



LIFELONG LEARNING

BEGINNING MICROSOFT WORD 2010

Date	Session 1: <i>Wednesday</i> , January 8, 15, 22, 29 Session 2: <i>Wednesday</i> , February 5, 12, 19, 26 Session 3: <i>Wednesday</i> , March 5, 12, 19, 26 Session 4: <i>Wednesday</i> , April 23, 30, May 7, 14
Times	6:00 pm – 7:00 pm
Ages	18 years & up
Fee	\$10 per class
Instructor	Annette Charleston

This is an hour long "Quick Course" in Microsoft Word 2010 designed to familiarize beginning students with the basics of the program. This course includes such topics as: Creating Documents, Formatting Text, Copying and Pasting Text, and Word Tips and Tricks.

OPEN COMPUTER LAB

Date	<i>Monday-Friday</i> , January 6 – May 16
Times	1:00 pm – 4:00 pm
Fee	Free

All participants must complete a "SVCC Internet and Computer User Agreement Form" at the front office. Time for open lab is subject to change.

DOG OBEDIENCE

Date	Session 1: <i>Saturday</i> , January 11 – February 1 Session 2: <i>Saturday</i> , March 15 – April 5 Session 3: <i>Saturday</i> , April 26 – May 17 Session 4: <i>Saturday</i> , June 7 – June 28
Times	9:00 am – 10:00 am
Fee	\$40 each session
Instructor	Cindy D'Ambrosia of Castle Creek Kennels *Sponsored by Bahia del Sur Kennel Club

This class teaches dog owners how to train and develop a stable companion by using distractions and socialization to improve your dog's obedience performance. Materials needed include a choker, and 6 ft. and 20 ft. leash. Must provide proof of current rabies and vaccination records for each dog.

SENIOR PROGRAM

GENERAL INFORMATION

A variety of special trips have been planned for seniors 55 and older. All trips include transportation from the Spring Valley Community Center and entrance fees to the activity.

To make reservations, please contact the Spring Valley Community Center at 619-479-1832.

GROUP TRIP TO FLOWER FIELDS

Date *Wednesday, April 9*
Times *10:00 am – 4:00 pm*
Fee *\$20*

Participants can enjoy an open-air wagon ride through the beautiful Flower Fields in Carlsbad overlooking the Pacific Ocean among 50 acres of giant tecolote ranunculus that transforms the landscape into a solid expanse of vibrant, bright color. Lunch is on your own at a nearby restaurant. Space fills quickly on a first come first serve basis.

GROUP TRIP TO LAWRENCE WELK

Date *Wednesday, February 12*
Times *10:00 am – 4:00 pm*
Fee *\$58*

“Anything Goes” is the penultimate Cole Porter tap musical that pleases everyone! With classic songs such as It’s Delovely, I Get A Kick Out Of You, Friendship, You’re the Top and the title song, Anything Goes, this musical packs a wallop of high energy and spirited dance numbers. Cole Porter is at his best with music from a generation of upbeat melodies and clever lyrics.

OPEN COMPUTER LAB FOR SENIORS

Date *Thursdays, January 9 – May 15*
Times *1:00 pm – 2:00 pm*
Fee *Free*
Instructor *Paolo Tayag*

All participants must complete a “SVCC Internet and Computer User Agreement Form” at the front office.

JEWELRY MAKING

Date *Session 1: Tuesday, January 7 – January 28*
Session 2: Tuesday, February 4 – February 25
Session 3: Tuesday, March 11 – April 1
Session 4: Tuesday, April 22 – May 13
Times *1:00 pm – 2:00 pm*
Ages *55 years & up*
Fee *\$20 each session*
Instructor *Thelma Smith*

This class is a fun beginner class, which will demonstrate how to make assorted jewelry such as necklaces, bracelets and earrings. These will be done with basic material such as beads, wire, chains, and imagination. Some essential supplies will be provided to get you started. It is recommended participants purchase their own beads and supplies to suit your tastes as the course progresses. The cost for material is \$10 payable to the instructor.



FLOWER FIELDS TRIP

CATERED ADULT LUNCHES

Date *Monday – Friday (ongoing)*
Times *9:45 am – 1:00 pm*
Fee *Suggested Donation of \$3.50*
\$6.00 for ages under 60

Meet new friends from all walks of life. Join an active group of retired people for lunch Monday through Friday. The meals are complete and nutritionally balanced. All reservations must be made by 12:00pm at least 4 days in advance. For information or reservations, call (619) 337-1425, Monday through Friday.

BINGO

Date *Mondays & Thursdays (ongoing)*
Times *10:30 am*
Fee *Free*

Have some fun and enjoy a game of Bingo with friends! The ongoing game is available to all retired citizens.

BLOOD PRESSURE MONITORING

Date *2nd Monday and 4th Monday of each month (ongoing)*
Times *10:00 am*
Fee *Free*

Nursing aides will be on hand to take your blood pressure for regular maintenance, and assist in your healthy lifestyle goals.

LEGAL AID

Date *2nd Monday of each month (ongoing)*
Times *Call for an appointment*
Fee *Free*

Please call ahead of time to book your appointment at (619) 447-7921.

SING-A-LONG

Date *Every Wednesday (ongoing)*
Times *10:30 am – 11:15 am*
Fee *Free*

Seniors enjoy a good tune and can appreciate an uplifting beat to put a smile on their face. Oldies tunes are a great choice and many seniors will remember the words to the songs. This is a very entertaining and therapeutic class to get your feet tapping while enjoying the company of others.

VARIOUS ENTERTAINMENTS AND SPEAKING ENGAGEMENTS

Date *Fridays (ongoing)*

Come as you are, and be a star! For speaking engagement information, please call (619) 337-1425.



GLUCK CONCERT SERIES

GLUCK CONCERT SERIES

Date *Every fourth Friday of each month*
Times *10:30 am – 11:30 am*
Fee *Free*

The UCSD Gluck Concert Series are concerts that bring the joy of live music for the senior program at the Spring Valley Community Center. The ongoing concert series is the fourth Friday of the month.

MONDAY NIGHT BINGO

MONDAY NIGHT BINGO
(every Monday excluding major holidays)
Closed the month of December!

TIME: 6:30 - 9:00 pm
DOOR OPEN: 4:30 pm

**** 10 Regular games ** Special Games**
**** Pull Tabs ** Door Prizes**
**** Catered Food and Refreshments**
**** Patrolled Parking**

Bingo proceeds allow us to offer programs such as camps, special events, senior activities, preschool and enrichment classes.

(FIRST TIME PLAYERS ONLY)
PRESENT THIS COUPON FOR:

=====

ONE FREE BINGO GAME
(with purchase of One 6-Pack Buy In)

=====

One coupon per player – No cash value!

RENTAL HALL FACILITY

SPRING VALLEY COMMUNITY CENTER

Weddings | Birthdays | Anniversaries | Banquets | Baby Showers | Baptisms

Room	Square Footage	Capacity	Private Function/ Commercial Users	Non-Profit Organization Schools/Ongoing Rentals	Refundable Deposit	Table & Chair Rental Fee
* Ketell Hall Fri, Sat, Sun Only	3952	250	\$500/4 hours \$90/each additional hour	\$400/4 hours \$80/each additional hour	\$300	\$50
Kitchen (flat rate)	n/a	n/a	\$105	n/a	n/a	n/a
* Olsen Room	1294	78	\$55/hour	\$40/hour	\$100	\$25
Patio Lounge	2300	160	\$30/hour	\$25/hour	n/a	n/a

Equipment Available: 25 Round Tables, 36 Long Tables, 317 Chairs, Ice, Easel, Screen, Stage, and Patio.

* 4 hour minimum, plus security.



RENTAL HALL FACILITY

SPRING VALLEY GYMNASIUM RENTAL

838 Kempton Street | Spring Valley, CA 91977

The Gymnasium is a 15,860-square-foot state of the art basketball/volleyball facility capable of hosting large tournaments, leagues, rentals, or open play. Community programs are also available ranging from cheerleading to sports camps. All requests for gym rentals must be made 30-days or more in advance to be considered. If you cancel within 30-days, your deposit is non-refundable. Give 1-2 days to process request. If you are renting for a tournament, a \$250 deposit is due immediately and balance is due by Friday at 5 pm before the tournament, along with a copy of your liability insurance.

Date	Usage	Price	Available Times
Mon. – Fri.	Half Gym (1 Court)	\$50/hour	3:30 pm – 9 pm
Mon. – Fri.	Full Gym (2 Courts)	\$100/hour	3:30 pm – 9 pm
Sat. – Sun.	Half Day (2 Courts) (4-5.5 hours)	\$400/day	8 am – 10 pm (4 hour min)
Sat. – Sun.	Full Day (2 Courts) (6+ hours)	\$550/day	8 am – 10 pm (4 hour min)
Concession Fee	n/a	\$25/day	n/a

*Miscellaneous Charges – Set-up fee=\$50, Equipment Fee=\$50, Scoreboards=\$50, Extra Staff=\$15/hour

SWEETWATER LANE SPORTS COMPLEX RENTAL

1312 Sweetwater Lane | Spring Valley, CA 91977

Field space is available for use at the Sweetwater Lane Sports Complex, which offers 4 baseball/softball fields, and is also capable of hosting football and soccer events.

Group Type	Rate	Lighting Fee
Youth Recreation	Free	\$20/hour
Youth Competition	\$15/hour	\$20/hour
Adult Sports	\$25/hour	\$20/hour



*Miscellaneous Charges – Concessions Fee= \$400/month, Spring Valley Sports Council Membership= \$55/year

Please contact us at 619-667-6833 or Brandon.schroeder@sdcounty.ca.gov for more information on renting the Spring Valley Gymnasium, Sweetwater Lane Sports Complex, or La Mesa/Spring Valley School District fields.

SPRING VALLEY GYMNASIUM

838 Kempton Street | Spring Valley, CA 91977 | 619-667-6833

HOURS OF OPERATION

Date *Monday – Friday*
Time 10:00 am – 6:00 pm

OPEN PLAY



Date *Continuously, Monday – Friday*
Time *Monday, Wednesday, Thursday and Friday 3:30-5:00 pm; Tuesday 2:30-8:30 pm*
 Times may vary so please call ahead of time.
Ages All Ages (those under 10 years old must be accompanied by a parent/guardian)
Fee \$1/day or \$5/month or \$20/year for adults
 Free for ages 17 and under

Open play gives people of all ages an opportunity to shoot around and play pick games after school and work. There is room for everyone! Please wear appropriate athletic shoes and clothing. A photo ID is required to check out a ball.

YOUTH BASKETBALL LEAGUE



Date *Skills Evaluation Day December 7*
Practices start week of December 16
Games start January 4
 All games are on Saturdays. Practices are on weeknights (2 practices per week).
Time Times vary
Ages 5 – 13 years
Fee \$65 per child

All skill and experience levels are welcome in this coed league! There is a required skills assessment before the season starts. Volunteer coaches are welcome, so please contact us in advanced if interested!

YOUTH BASKETBALL SKILLS CLASS

Date *March 10-April 14, March 14-April 18*
April 21-June 2, April 25-May 30
 (No class on Memorial Day)
Time *Mondays 6:00 – ages 5-7 years*
Mondays 7:00 – ages 8-10 years
Fridays 6:00 – ages 11-13 years
Fridays 7:00 – ages 14-17 years
Fee \$30 per 6 week session

Want your child to progress and develop their basketball skills? Sign them up for this fundamental development class, where we train your child in basketball fundamentals including passing, dribbling, shooting and defense! After 6 weeks, your aspiring star should be on that court as a confident and skilled player.



SPRING VALLEY GYMNASIUM

MEN'S BASKETBALL LEAGUE



Date *Thursdays, January 9-March 20*
Time 6:00, 7:00, 8:00 and 9:00 pm
Ages Open Division – 18 years and over;
 35+ Division – 35 years and over
Fee \$325 per team
 (\$275 during early registration period)
 \$50 refundable forfeit deposit
 \$24 referee fee per game

Be a part of this increasingly popular men's basketball league, considered one of the best in the San Diego area! We offer multiple divisions, with varying levels of competition, and up to 8 teams in each division. Each season is 8 games, plus playoffs. Standings and stats are kept displayed on our league website at www.springvalleysports.com. Team registration forms and league rules are also available on the website, or by calling the Spring Valley Gymnasium at 619-667-6833.

MEN'S SLOW-PITCH SOFTBALL, offered by Christian Sports Productions



Date *Mondays or Wednesdays*
Time 6:30, 7:40, and 8:50 pm
Ages 18+ years
Fee \$450 per team, plus umpire fees

Christian Sports Productions offers some of the most popular leagues in East County! Games are played on the brand new turf at the Sweetwater Lane Sports Complex in Spring Valley. The league follows MSA/WSL rules. A managers meeting will be held prior to the first game (date to be determined).

To register, contact the Spring Valley Gymnasium office at 619-667-6833. For more information on the league, contact John Nanos at 619-991-2420 or john.nanos@yahoo.com.

INTERESTED IN ADULT FLAG FOOTBALL OR VOLLEYBALL LEAGUES? CONTACT THE SPRING VALLEY GYM TODAY AT 619-667-6833 FOR MORE INFORMATION.

SPRING VALLEY REC CLUB

838 Kempton Street | Spring Valley, CA 91977 | 619-667-6835

HOURS OF OPERATION

Day	Monday, Wednesday, Thursday & Friday
Time	2:30 pm – 6:30 pm
Day	Tuesday
Time	1:00 pm – 5:00 pm
Ages	10 – 17 years Free Teen Center
Cost	Free

The goal of the REC Club is to provide a safe, fun, and positive environment for all youth ages 10-17. The club offers opportunities for middle and high school youth to grow through physical fitness, art expression, leadership roles, community service, and education activities while enhancing their self-esteem, communication skills, problem solving ability, and community involvement. The fundamental object of the program is to succeed in life. Weekly activities include arts and crafts, homework assistance, leadership groups, team building initiatives, dance, fitness, cooking classes, a recording studio for music enthusiasts, and gardening classes.

ABOUT ENERGY SAVING ADVENTURES (ESA)

Energy Saving Adventures is a program provided for teens to gain insight and vital information to take charge of our future in energy conservation. The weekly program goals are to inspire and empower youth to create change in the world around them. This is the new generation of "REC club unplugged."

MARTIN LUTHER KING, JR., ESSAY CONTEST – JANUARY 20, 2014

Martin Luther King Jr. essay contest will measure Spring Valley REC Club members' knowledge of Dr. King's "Dream for America." Top three essays submitted by REC Club members are selected by Spring Valley REC Club staff. Contestants compete in three skill levels: Elementary, Middle and High School. The top 3 winners in each skill level plus 7 members of their family or friends are invited to celebrate Martin Luther King Day, January 20, 2014, with a breakfast in honor of Dr. King. The breakfast will take place at the Spring Valley REC Club. Each winner will present their essay to family, friends and REC Club staff during the breakfast.

VALENTINE BBQ – FEBRUARY 14, 2014

Join the Spring Valley REC Club for the annual Valentine's Day BBQ for all Spring Valley REC Club members. REC Club members participate in outdoor activities, relays, arts and crafts throughout the day. REC Club members will also be able to make a Valentine's Day card for their parents or guardian.



SPRING VALLEY REC CLUB

SNOWBOARDING TRIP SPRING VALLEY REC CLUB – FEBRUARY



Spring Valley REC Club members sign up for an amazing opportunity to snowboard at Mt. High Ski Resort. Members will experience the thrill of racing down the mountain while getting some great exercise. Field trip selection is based on attendance, behavior and age.

CAMP STEVENS ROPES COURSE – JANUARY



This team building field trip will take place at Camp Stevens Ropes Course in Julian, California. The Camp Stevens Ropes Course is designed to help foster teamwork and enhance risk-taking and communication skills. Camp Stevens Ropes Course will put climbers in positions that cannot be worked through independently. The field trip helps instill positive personality characteristics including self-esteem, personal achievements and self-confidence. Field trip selection is based on attendance, behavior and age.

JOSHUA TREE CAMPING AND ROCK CLIMBING – APRIL



Two-day, 1-nightcamping field trip to Joshua Tree National Park is open to all REC Club members. The field trip to the California desert will include multiple rock climbing experiences. Teens will challenge their comfort zone with a 100ft repel, multiple climbing routes and exploring rock caves at night. The trip is led by the San Diego State University Aztec Adventures staffs, who are experts and certified climbers. Field trip selection is based on attendance, behavior and age.

SHAMROCK HUNT – MARCH 15, 2014



Shamrock Hunt is open to all Spring Valley REC Club members. Four shamrocks are cleverly hidden inside and outside the Spring Valley REC Club facility. Participants have an hour to discover the four hidden shamrocks. The winners of the event will receive a shamrock notebook, a shamrock pencil and dividers.



FISHING FIELD TRIP



SPRING VALLEY REC CLUB BOWLING WITH STARS FIELD TRIP



SPRING VALLEY PARK PAVILION

NEIGHBORHOOD PARKS

SPRING VALLEY COUNTY PARK

Spring Valley County Park is the recreational center of the Spring Valley community, with its family and picnic areas, pavilion, playgrounds, exercise walkway, and basketball court. The park is also home to the local county library. A fitness walk features 7 physical fitness stations and the walkway equals to 1 mile lap that overlook the mountains, no-cost workout for park visitors. In order to bring a moonbounce into the park, you must reserve the pavilion. To rent out the pavilion (maximum 50 people) for birthday parties or other special event please call (619) 479-1832.



GOODLAND ACRES COUNTY PARK

LAMAR COUNTY PARK

This 8-acre neighborhood park contains a playground for children ages 2 to 5, a pavilion, picnic tables, lawn areas, barbecues, and drinking fountains. Although no reservations are required at the park, the picnic and parking areas have limited capacities. Also, please be aware that moon bounces are not allowed in the park.

Visit www.sdparks.org for more information.

EUCALYPTUS COUNTY PARK

This 6-acre neighborhood park offers a playground, pavilion, picnic tables, lawn areas, horseshoe pits, and drinking fountains. Although no reservations are required at the park, the picnic and parking areas have limited capacities. Also, please be aware that moon bounces are allowed in the park with a permit. For additional information, please visit www.sdparks.org.

GOODLAND ACRES COUNTY PARK

This 1.3-acre neighborhood park offers a playground, basketball courts, picnic tables, lawn areas, and drinking fountains. Although no reservations are required at the park, the picnic and parking areas have limited capacities. Also, please be aware that moon bounces are not allowed in the park. For additional information, please visit www.sdparks.org.

**Spring Valley Recreation**

The Spring Valley Community Activity and Program Guide is published three times a year.

Copies may be downloaded from www.sdparks.org.

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SPRING VALLEY COMMUNITY CENTER

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